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FX'S HAUNTED HOUSE  
STORY A NEW TWIST ON  
CLASSIC TALE {page 11}



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DEAREST**  
DAUGHTER'S BOOK  
ON MARTHA OPENS  
CLOSED DOORS  
{page 12}

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News worth  
sharing.

PHOTO ILLUSTRATION BY DAVID VAN DYKE

# Hire me, Ontario

► Metro's editorial board conducted job interviews with the party leaders ► We asked Tim Hudak, Dalton McGuinty, Mike Schreiner and Andrea Horwath why they want to be premier and what they bring to the table

{Election coverage, pages 3-6}



# 1

## news



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**Allan Small sees potential for a market rally during the coming earnings-report season. More at [metronews.ca](http://metronews.ca).**

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## New ball team scores with council

► Frontier League squad will have first dibs on Labatt Park next season  
► Deal is from Nov. 1 to Oct. 31, 2012



ANGELA MULLINS  
@METRONEWS.CA

City council voted 9-3 yesterday on a deal that will bring a professional baseball team to Labatt Park.

The decision came despite a petition with nearly 300 signatures and letters from more than 40 people opposed to the new team. Most opponents expressed concern about how the London Majors will be affected.

The Majors' owners — Roop Chanderdatt and Scott Dart — have said competing for sponsors and fans' time will put them out of business. Councillors directed city staff to work with the Majors and mitigate their financial concerns.

Mayor Joe Fontana said

having two teams could "put London on the baseball map."

"You have to be able to seize an opportunity," he said.

The yet-to-be-named Frontier League squad is owned by David Martin, who lives in Birmingham, a Detroit suburb. Per his one-year agreement with the city, Martin will pay \$50,000 to use Labatt Park for 48 regular-season games, 20 daytime practices and one evening practice. Playoff games will cost an additional \$1,200 each.

The city will be paid more licence fees for all other team events at the park, and Martin will make a \$23,000 donation, which could be used for a new scoreboard.

### COUNCIL NOTEBOOK

## Road-safety study takes back seat for time being

City council has put the brakes on a study meant to make streets safer for drivers, pedestrians and cyclists.

John Lucas, acting di-

rector of roads and transportation, had asked for permission to spend \$200,000 for a consultant to crunch accident data and figure out what kind of traffic controls would make roads less dangerous. Council voted 12-0 yesterday to send the issue back to city staff for further consideration.

Administrators will report back to council at an unspecified date.

● METRO

## Beal protester faces new charges

One of the most vocal participants in last week's protest against the police organized by Beal students has been charged in an unrelated incident.

On Sunday around 10:30 p.m., someone called police about a disturbance on Joselyn Road. Police were met by an 18-year-old woman with a large metal pipe.

Police said the woman was very aggressive and shouting obscenities. After some negotiation, she



► Maha Sultan at last month's protest

dropped the pipe and was arrested. The woman then continued to threaten to kill police and at one point

### Skate. With grandpa



► Randy Gillies gives his grandson Mason Zalitch, 3, both of London, a lift yesterday while skating at Carling Arena.

ANGELA MULLINS/METRO

## Sure sign of winter coming

Mason, a budding hockey player, is gearing up for his second year on skates. A sure sign that winter's right around the corner, the city's indoor skating rinks opened over the weekend. Open ice times are listed in the fall and winter edition of the city's recreation catalogue, available online by searching for "Spectrum" at [london.ca](http://london.ca). Outdoor skating rinks are expected to open Dec. 3.

### News in brief

#### Michael J. Fox at Schulich event

Michael J. Fox will be the guest speaker at a high-profile event in London next month.

Western's Schulich School has announced Fox will be the guest speaker at the Leaders in Innovation Dinner on Nov. 21 at the Best Western Lamplighter. Tickets cost \$250 each. Order on-

line at [westernconnect.ca](http://westernconnect.ca) or call 519-661-4285.  
AM980/AM980.CA

#### New fire station meeting tonight

The London Fire Department will have a community meeting at 7 p.m. today at the North London Optimist Community Centre (1345 Cheap-side St.) to discuss plans for a new fire station. The new station would be built at 1295 Webster St., replacing station No. 7 on Highbury Avenue. ● METRO

#### Protest story

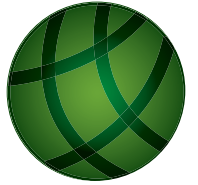
► Sultan was pictured on the cover of the Sept. 27 Metro as part of a protest condemning police use of a Taser on a Beal student.

spat on them, police said. Police have charged Maha Sultan of London with possession of a dangerous weapon, assaulting a peace officer and uttering threats.

● METRO



► Voters will head to the polls by Oct. 6 to elect a new provincial parliament ► Metro asked London-area candidates: 'What is the most important issue in your riding? And, if you're elected, what will you do to address it?'



# MPP candidates prepare for battle at the polls

## London West

### Chris Bentley, Liberal

"Jobs. They fund excellent health care. Education gives us a competitive advantage. We are bringing in a 30 per cent tuition grant. The 401/402 transportation corridor is a great advantage, and our tax-reform plan ... grows jobs here."



### Gary Brown, Green

"Health care is the question I am asked the most. HST was placed on kids' hockey, gym memberships — even visits to conservation areas. What was exempted: Food under \$4. Doughnuts and happy meals!"



### Jeff Buchanan, NDP

"I am inspired by the words of Tommy Douglas: 'A nation's greatness lies not in the quantities of its goods but in the quality of its life.' We must stand behind those who are struggling. We can start by creating good jobs."



### Ali Chahbar, PC

"Of most pressing concern are the issues of job creation and the economy. Ontario has lost over 300,000 manufacturing jobs under Dalton McGuinty. London has been hit especially hard as our unemployment rate is over nine per cent."

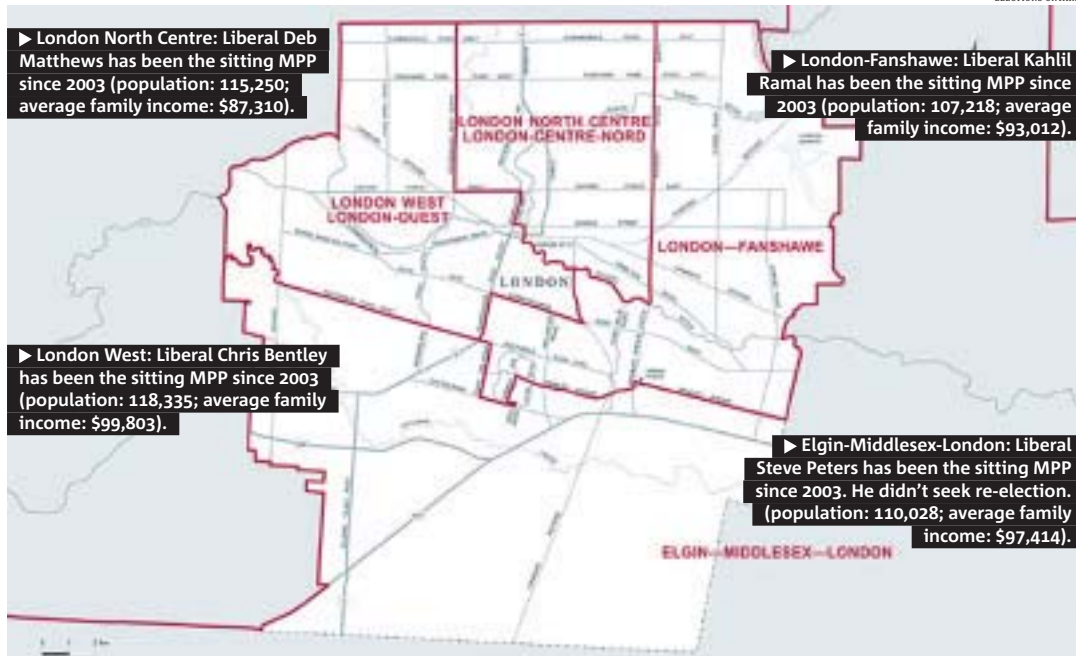


► London North Centre: Liberal Deb Matthews has been the sitting MPP since 2003 (population: 115,250; average family income: \$87,310).

► London West: Liberal Chris Bentley has been the sitting MPP since 2003 (population: 118,335; average family income: \$99,803).

► London-Fanshawe: Liberal Khalil Ramal has been the sitting MPP since 2003 (population: 107,218; average family income: \$93,012).

► Elgin-Middlesex-London: Liberal Steve Peters has been the sitting MPP since 2003. He didn't seek re-election. (population: 110,028; average family income: \$97,414).



## Elgin-Middlesex-London

### Lori Baldwin-Sands, Liberal

"Jobs. Ontario needs to attract the right kinds of companies in sectors that will thrive in the new global economy. That's why Ontario Liberals introduced and are committed to the Green Energy Act."



### Kathy Cornish, NDP

"The most important issue is jobs. The New Democratic Party has a realistic approach to what government can and should do in a jobs crisis. We will reward job creators with tax incentives and lower small-business tax."



### Eric Loewen, Green

"The answer is fairly general: How are you going to handle the current economic recession? We are moving into a new economy and the Green party wants to embrace that. We support research and innovation and reducing taxes and red tape."



### Jeff Yurek, PC

"If we must limit our focus to one issue it would be jobs. It is important that government become a partner with small business — including agri-business — (because it) is the backbone of job creation. A PC government led by Tim Hudak (will) do just that. A small-business bill of rights will be introduced."



## London-Fanshawe

### Teresa Armstrong, NDP

"There are really two issues: good jobs and cost of living. People are facing real problems making ends meet, keeping a roof over their heads, food on the table, and paying all the bills. New Democrats will end corporate welfare."



### Bassam Lazar, Green

"Our riding has been devastated by the economic downturn. The Green party's jobs plan will reposition the city and help it build strong local jobs that are insulated from the global shocks of today."



### Cheryl Miller, PC

"The most important issue is job creation. Too many families are suffering due to London's 9.1 per cent unemployment rate. We will reduce corporate taxes, eliminate burdensome regulation and create a small-business bill of rights."



### Khalil Ramal, Liberal

"Jobs and the economy are the most pressing issues. London needs more good-paying skilled jobs, like the 200 jobs that the Samsung plant will bring to the city. And Samsung is coming to London because of the Liberal government's Green Energy Act."



## London North Centre

### Nancy Branscombe, PC

"For the last eight years, more new and unexpected taxes have been sprung upon us, and this is costing us jobs. The HST, health tax, eco taxes, and skyrocketing hydro bills are just some examples."



### Steve Holmes, NDP

"I strongly believe in open and responsible government. Being responsive to the needs of the riding with people making decisions, not corporations or consultants. We must listen to the concerns and needs of our constituents."



### Kevin Labonte, Green

"Jobs! But not just any job — good-quality jobs. If elected, I will work with business, schools and municipalities to create the right environment to bring jobs with livable wages and benefits back to London."



### Deb Matthews, Liberal

"The biggest issue is jobs — jobs for young people entering the labour market, and jobs for people who've been laid off mid-career. That's why we're creating a southwestern Ontario economic-development fund to attract jobs."



# You're the boss: Who will

► Metro invited all four candidates for a 'job interview' with our editorial board ► Three out of four showed up



► Ontario PC Leader  
Tim Hudak in  
Metro Ottawa's  
newsroom.

## Tim Hudak

PC: The Conservatives have been the Official opposition since 2003.



- 44-page resumé: Changebook
- Message: "Surprise new taxes have taken repeated bites out of the family budget. We look at the last eight years and we say ... 'enough.'"
- Focus: More money in the pockets of average Ontarians, an essential-services guarantee and a cleanup of government.

**1. Why do you want to be the premier of Ontario?**  
I want to work hard to fight each and every day for hardworking, average families ... who are falling farther and farther behind and seem to be last on the list of this government's priorities.

**2. What do you bring to the position that no other candidate does?**  
We've got the right plan and an outstanding team. I mean, whether you're in Ottawa or London or Toronto, we have a strong team of candidates who have come from various walks of life, various backgrounds, professions, who want to bring change to Ontario.

**3. Two short-term priorities?**  
Job creation

is going to be job No. 1. I want to see young talent working here in Ontario, raising a family, starting their own business. The second change is to give families immediate relief.

**4. What are two long-term priorities?**  
To improve our health-care system. Over our mandate, we'll invest \$6.1 billion in health care in new funds ... toward patient care. The other big change I want to make is in post-secondary education, to expand the number of positions in our colleges, universities and trades.

**5. What about hydro rates?**  
Our workhorses have been nuclear power and hydro electricity. They're clean, they're emission-free and they also give

you affordable base power. So we'll invest in those areas. We will close down the coal plants by 2014.... Wind and solar should complement the system.

**6. How are you planning to address gridlock?**  
Toronto now has the worst gridlock in North America. We set aside \$35 billion in our Changebook plan for infrastructure, targeted largely at transportation.

**7. How do you deal with stress on the job?**  
Bourbon. You know what, I'm having fun. I like sports a lot.... I (also) have a beautiful little girl who's turning four in just a couple of days.

**8. Describe Ontario in two words.**  
Strong and beautiful.

WORD FROM HR

Confident and professional, Tim Hudak had a direct, factual approach to his responses. He showed a keen sense of preparedness as he responded directly to each question poser. Poised and assertive, he showed

knowledge of the subject, which allowed him to exude strength. Undeniably, his answers were careful and well rehearsed. The few examples he gave to support his responses were geared to slight the position of the other can-

didates. He leaned forward frequently to further convince the panel of his self-assured disposition. His softer, slightly humorous side didn't emerge until he was asked questions outside of the campaign focus.



► Green Party of Ontario  
Leader Mike Schreiner  
in Metro Toronto's  
newsroom.

## Mike Schreiner

GREEN PARTY: Having even one MPP elected would be a breakthrough.



- 16-page resumé: It's Time: A five-point plan for Ontario's future.
- Message: "Forget our cynical political world for a moment and imagine a new kind of politics in Ontario: The kind where you come first."
- Focus: Jobs, energy, health care, local farms and government that works for people.

**1. Why do you want to be the premier of Ontario?**  
The three old parties at Queen's Park are failing to address some of the major challenges of our generation — the loss of good local jobs ... rising energy prices and climate change.

**2. What do you bring to the position that no other candidate does?**  
As an entrepreneur and a small-business owner, I know how to create jobs. And I'm not a political insider; I haven't been a lifetime politician. And so I think I bring a fresh voice, a new perspective.

**3. Two short-term priorities?**  
Creating good local jobs by supporting our small to medium-sized businesses and ... rebuilding our mainstream

economies. Our second objective is to elect at least one Green MPP so we ensure that these issues are talked about over the next four years at Queen's Park.

**4. What are two long-term priorities?**  
We are the only ... party talking about rebuilding local economies ... in a way that creates jobs, balances the budget and reduces greenhouse-gas emissions. The second objective is ... to have a whole caucus.

**5. What about hydro rates?**  
The Green party is proposing to put forward a Green Building Program that will invest \$1.6 billion in tax credits for businesses, homeowners and especially targeted at tenants ... to help retrofit

... buildings.

**6. How are you planning to address gridlock?**  
We're the only political party that's proposing a \$200-million infrastructure (investment) in active transportation ... (and) tax credits for people to buy fuel-efficient ... vehicles. We would pay for those tax credits by putting a surcharge on vehicles that are not fuel-efficient.

**7. How do you deal with stress on the job?**  
Quality family time really just helps get the stress out of your system and really reminds you what's important in life.

**8. Describe Ontario in two words.**  
Beautiful place, wonderful people.

WORD FROM HR

A warm, friendly candidate with superior interpersonal skills, Mike Schreiner set the tone of the interview immediately. He was well prepared and did not hesitate as he provided clear answers. Schreiner offered relevant

examples to support responses. He nodded frequently to obtain the acknowledgement of his responses. Some reflection time may have helped him answer even more effectively. His ability to bond with his audience

through a welcoming smile was an unmistakable strength. Schreiner is an active, attentive listener who spoke to the panel as a group yet maintained a clear connection with each question poser.



# you hire?

► Here's what they say they will do if given the job



These are the candidates in print, but we have them on video too. Watch them chat with Metro's editorial board at [metronews.ca/decisionontario](http://metronews.ca/decisionontario). And if you just can't get enough of them, we also have full transcripts of their interviews online.



DAVID VAN DYKE/METRO

## Andrea Horwath

**NDP:** Currently occupy 10 out of 107 seats in the Ontario legislature.



- **48-page resumé:** Plan for Affordable Change.
- **Message:** "Your family and friends are watching jobs vanish and paycheques shrink.... We need change that puts you and your family first."
- **Focus:** Everyday affordability, jobs, health care and "living within our means."

► **Ontario NDP Leader**  
Andrea Horwath in Metro Toronto's newsroom.

**1. Why do you want to be the premier of Ontario?**  
I can bring the kind of change that Ontarians want to see. I want to bring back a sense that Ontario belongs to the people.

**2. What do you bring to the position that no other candidate does?**  
Other than the heels? A lot of my political experience has been positive because I don't leave my gender at home.

**3. Two short-term priorities?**  
The biggest priority ... is to get over the next six or seven sleeps until election day. I'm hopeful that (Ontarians will) choose the kind of change that we're offering, that I'm offering.

**4. What are two long-term priorities?**  
Making life

affordable. I met a woman in North Bay who said, 'I'm your average working mom. I work, I have three kids, I have a decent job, but my paycheque is not going up. My bills are going up significantly,' she said. 'It's just not fair, I'm working just as hard as I always have, but I'm falling behind.' (Creating) jobs is another.

**5. What about hydro rates?**  
The biggest problem ... is that we had a government that deregulated and privatized hydro back in the '90s, (then spent) \$1.5 billion ... in a (smart-meter) program that didn't save energy and didn't save money. We're going to take about a billion dollars (meant) for a new nuclear build in Ontario and we're going to re-divert that money ... to

help people retrofit their homes and conserve.

**6. How are you planning to address gridlock?**  
We've ... made a commitment to municipalities that if they freeze their transit fares, we will take 50 per cent of the operating cost of their transit systems off their backs.

**7. How do you deal with stress on the job?**  
Outside of this campaign period, it's exercise. I have my son to spend time with and to chat with and to take me ... away from the intensity of this work right now, (and I'll have him) when I'm in the legislature.

**8. Describe Ontario in two words.**  
Vast and diverse.

**WORD FROM HR**

Andrea Horwath displayed confidence and quickly connected with interviewers. She is a serious candidate, yet friendly and engaging. She responded with short, concise and focused answers. She claimed to

feel under the weather but didn't falter. Horwath used humour to solidify her connection with the panel. Her body language suggested she knows her stuff. She was not afraid to inject a more personal side into responses to as-

sist in connecting with her audience. Rarely straying from the topic, she provided solid, people-focused examples to support responses. An effective listener, she always focused on the person posing the question.



DAVE CHIDLEY/THE CANADIAN PRESS

## Dalton McGuinty

**LIBERAL PARTY:** McGuinty is seeking a third-consecutive term.



- **60-page resumé:** Forward. Together.
- **Message:** "These are uncertain times for the global economy. These are challenging times for our families. This is our plan to help. This is our way forward, together."
- **Focus:** Jobs, health care, education, resource conservation, balanced budget and advocacy for Ontario when it comes to the federal government.

► **Ontario Premier Dalton McGuinty**  
during a campaign stop last month in London, Ont. McGuinty sent his responses to Metro via email.

**1. Why do you want to be the premier of Ontario?**  
What Ontarians have achieved together the past eight years is nothing short of amazing. I want to see Ontario protect the progress we've made and to build an even brighter future for our children and grandchildren.

**2. What do you bring to the position that no other candidate does?**  
Only Ontario Liberals have the experience and the leadership to keep Ontario on track. Our schools are better, our hospitals are better and we're creating 50,000 new jobs in an exciting, new clean-energy economy.

**3. Two short-term priorities?**  
To protect

workers and create jobs.

**4. What are two long-term priorities?**  
Education and preparing for the new economy. We're ... building three new campuses and we're offering 30 per cent off tuition for low- and middle-income undergrads. We're also working to create 50,000 jobs.

**5. What about hydro rates?**  
We have begun a major rebuild of our electricity system: we're repairing or replacing 80 per cent over the next 20 years. To help families with that cost, we are taking 10 per cent off our electricity bills.

**6. How are you planning to address gridlock?**  
We will refund your full one-way GO fare if your

GO train is late by 15 minutes or more for reasons that GO can control. Plans for the LRT in Ottawa are underway. In London, we've added more vehicles, expanded routes, and commuters can now track ... their bus using their cellphone or computer.

**7. How do you deal with stress on the job?**  
It's really important to stay fit and healthy, and so I devote a little time every day to exercise, and I try to stick to nutritious food. And at the end of the day, I like nothing better than to relax with my family, a book or take Mikki — our dog — out for a walk.

**8. Describe Ontario in two words.**  
Seizing opportunity.

**WORD FROM HR**

As Dalton McGuinty did not make himself available for either a video or in-person interview, I am unable to comment on his performance.

**RUTH ESTWICK**  
METRO'S  
HUMAN RESOURCES  
MANAGER



# Sex ed a divided debate

► Conservative pamphlet says new Liberal-supported sex-ed curriculum 'keeps parents in the dark' ► Liberals say the literature is 'homophobic'

## Sex-ed guide

- McGuinty withdrew a new sex-ed curriculum after some religious and conservative groups said they were uncomfortable with third graders being taught about same-sex families and sexual orientation.
- The curriculum guide recommends schools not send home notes before starting classes on lesbian, gay, bisexual transgendered or queer issues.
- Treating these topics differently from others "could be construed as discriminatory practice," the guide concludes.
- The guide also says there should be no accommodations for children or teachers requesting to be exempted based on religion or beliefs.

Ontario Progressive Conservative Leader Tim Hudak is defending a piece of campaign literature on sex education that the rival Liberals have branded as homophobic.

"I think they reflect (Premier) Dalton McGuinty's out-of-the-mainstream policy ideas to have a sex-ed curriculum that would begin with Grade 1s," Hudak said during a campaign stop at an elderly couple's home in Amhurstburg.

Hudak, who is the father of a four-year-old daughter, said kids in Grade 1 should be learning the alphabet or math instead.

"I just think this shows another example of how Dalton McGuinty's lost touch with mainstream Ontario. And the NDP? I

mean, they're just right behind them. I don't agree with it."

The Tory flyer urges parents to vote against the Liberals for "keeping parents in the dark" about what's being taught in schools.

It says Ontario's sex-ed curriculum teaches "cross dressing for six-year-olds" and suggests that teachers allow students to hold their own gay-pride parade in their school.

The literature paraphrases from a handbook provided to Toronto teachers that was obtained by The Canadian Press, which the Liberals say has been completely misrepresented by the Tories.

The Toronto District School Board updated a 219-page curriculum re-

source guide for the 2011 school year to cover kindergarten through Grade 12 called Challenging Homophobia and Heterosexism.

The Liberals point out that Ontario's sex-ed curriculum hasn't changed since 1998, when the Conservatives were in power. They also accused the Tories of misrepresenting what the guidebook actually says and focusing on elements that they believe will alarm parents.

Hudak, who has embarked on a marathon campaign day through southern Ontario, also laughed off suggestions that he's stalled in public opinion polls and has only managed to win the endorsement of one national newspaper.

THE CANADIAN PRESS



► Ontario Conservative Leader Tim Hudak meets Eli Nichol in a tiger costume at a campaign stop in Blenheim, Ont., yesterday.

## Now is not the time for change: McGuinty

Premier Dalton McGuinty is accusing the Progressive Conservatives of trying to divide voters in the dying days of the Ontario election campaign.

The Tory leader is grasping at straws because he doesn't have a real plan to create jobs should he win Thursday's election, said McGuinty.

The Liberal leader returned to the same theme that worked so well for Prime Minister Stephen Harper: now is not the time to change leaders in the midst of economic uncertainty.

"One of the things that Mr. Hudak fails to understand is this is not Econom-



► Ontario Liberal Leader Dalton McGuinty greets auto-parts workers during a campaign event in Vaughan, Ont., yesterday.

ics 101," said McGuinty. "It's government 2011, and it's a very competitive and aggressive global economy."

McGuinty visited factories that produce compo-

nents for electric cars, which he sees as a key starting point to build a green-energy economy in Ontario and create tens of thousands of new jobs.

THE CANADIAN PRESS

## Horwath talks power

Ontario NDP Leader Andrea Horwath slammed her two main rivals for putting their own desire for power over the needs of voters yesterday.

"To simply say: 'I want

all the power for myself and if I don't get that I'm not prepared to work with anybody else' — it's kind of disrespectful to the people of the province," she said yesterday.

The NDP are going into Thursday's vote third in the polls, behind what appears to be a virtual dead

heat between the Tories and Liberals. If those trends continue, the province could be headed for the first minority government in 26 years, with the NDP holding the balance of power.

Horwath side-stepped questions on a possible minority. THE CANADIAN PRESS

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**Liberal**

Approved by the CFO for the Khalil Ramal campaign.



# Amanda Knox conviction overturned

► Italian appeals court clears American student of murder ► Orders her immediate release

An Italian appeals court threw out Amanda Knox's murder conviction yesterday and ordered the young American freed, a stunning reversal four years after she was jailed for the death of her British roommate.

Reports say she left prison late last night and will fly home to Seattle with her family today.

Knox, 24, collapsed in tears after the verdict over-

turning her 2009 conviction was read out. Her co-defendant, Italian Raffaele Sollecito, also was cleared of killing 21-year-old Meredith Kercher in 2007.

The eight-member jury acquitted both Knox and Sollecito of murder after a court-ordered review cast serious doubts over the main DNA evidence linking the two to the crime.

The judge upheld

Knox's conviction on a charge of slander for accusing bar owner Diya (Patrick) Lumumba of carrying out the killing.

He set the sentence at three years, meaning for time served. Knox has been in prison since Nov. 6, 2007.

The Kercher family looked on grimly and a bit dazed as the verdict was read out by the judge after

11 hours of deliberations. Outside the courthouse, some of the hundreds of observers shouted "Shame, shame!"

"We respect the decision of the judges but we do not understand how the decision of the first trial could be so radically overturned," the Kerchers said in a statement. "We still trust the Italian justice system and hope that the

truth will eventually emerge."

Earlier yesterday, Knox tearfully told the court she did not kill her roommate.

"I've lost a friend in the worst, most brutal, most inexplicable way possible," she said of the 2007 murder of Kercher, who shared an apartment with Knox when they were both students in Perugia. "I'm paying with my life for things



► Amanda Knox cries in court yesterday.

that I didn't do."  
THE ASSOCIATED PRESS



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## News in brief

MATT SAYLES/THE ASSOCIATED PRESS FILE



► Gene Simmons and Shannon Tweed

## Simmons, Tweed nuptials benefits SPCA

**DONATIONS.** The Saskatoon SPCA says it is \$5,700 richer thanks to the wedding of reality TV star Shannon Tweed and Kiss rocker Gene Simmons.

The couple wed in Beverly Hills, Calif., on the weekend and, instead of setting up a gift registry, asked guests to consider donating to the SPCA. Tweed, a former Playboy model born in Newfoundland, was raised in Saskatoon. **THE CANADIAN PRESS**

## Berlusconi aides face trial

**INDICTED.** A Milan judge yesterday ordered three aides to Premier Silvio Berlusconi to stand trial on charges they allegedly recruited a Moroccan girl and several women for prostitution.

All three have denied wrongdoing.

The trial begins Nov. 21. **THE ASSOCIATED PRESS**

## Massacre site opens to media

**NORWAY.** Norway opened the island of Utøya to journalists yesterday, the first time since confessed mass killer Anders Behring Breivik massacred 69 people at a youth camp in July, with the ruling Labour Party vowing to ensure its idyllic retreat transcends tragedy.

**THE ASSOCIATED PRESS**

## Got (breast) milk?

- Petition latest push in Alberta for human-breast-milk bank
- Would be used for pre-term babies, moms who can't produce milk: RN

HEATHER MCINTYRE  
@METRONEWS.CA

METRO CANADA IN EDMONTON

Support for a human-breast-milk bank in Alberta is growing, and an Edmonton woman is doing what she can to pump it up even further.

Erie Melnychuk, a registered nurse and lactation consultant, began advocating last year and started a petition last week, though she noted it's a long process, due to the need for funding, space and government support.

"We would be using the breast-milk bank for pre-term babies and if mothers couldn't produce milk," Melnychuk said. "I know there are needs for that."

Natasha Chiam agrees. "My first son was a pre-



► Erie Melnychuk poses with two bags of her frozen breast milk.

emie, so we spent just about three weeks in (the neonatal intensive-care unit)" said Chiam. "I was able to pump enough milk for him, but had I not been

able to, I would have chosen it over formula."

But Natasha Proulx, mom to one-year-old twins, isn't so sure.

"I tried to nurse and

## Milk sharing

- There is currently only one human-milk bank in Canada, located in Vancouver.
- The Petition for Public Interest in a Human Milk Bank in Alberta, online at [petitiononlinecanada.com](http://petitiononlinecanada.com), had more than 200 signatures yesterday afternoon.
- The Facebook group Human Milk 4 Human Babies — Alberta is a popular way to share breast milk.

ended up using formula," she said. "I would want any breast milk to come from me, not another mom. I know it's tested but I still might feel uncomfortable."

For now Melnychuk plans to use the petition to continue to garner more support.

Proudly Canadian! 🍁



CHEQUES ARE SO POST DATED

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► Expect the scene outside Apple's flagship store on Fifth Avenue, in New York, to be pandemonium if, as anticipated, the company unveils the iPhone 5 today.

# Apple fans amped for newest iPhone

► Company expected to unveil iPhone 5 today ► First upgrade of the popular smartphone since June 2010

Apple Inc. is expected to announce a new, more powerful version of its wildly popular smartphone today.

And as in the past, consumers are likely to clamour for it. Analyst Tim Bajarin says Apple could sell more than 25 million iPhones during the holiday quarter, which would be well above the 16.2 million it sold during the holidays last year.

"There's huge pent-up

**39M**  
From January to June of this year, Apple sold 39 million iPhones.

demand for this," he said.

The first iPhone was launched in 2007, and its slick looks, high-resolution screen and intuitive software made it a winner from the start.

The new iPhone is ex-

pected to have Apple's latest iOS mobile software, iOS 5. It includes wireless device setup and content syncing as well as beefed-up camera, email and Web-browsing apps.

The phone is also expected to have Apple's forthcoming iCloud service, which stores music, documents, apps and photos on Apple servers and lets users access them wirelessly on numerous devices. **THE ASSOCIATED PRESS**

# End of letter-writing has U.S. Postal Service in the red

The average U.S. household gets just one personal letter about every seven weeks, down from every two weeks in 1987, says an annual survey by the U.S. Postal Service.

The loss of that lucrative first-class mail, along with an increase in payment of bills online and a decline in other mail, means the service is facing losses of up to \$8 billion US this year as people turn to the Internet as their primary method of communication.

The effects could be wide-ranging, experts say. "Everyone talks about electronic media bringing people closer together, and I think this is a way we



► Postal workers rally in Chicago.

wind up more separate," said historian Aaron Sachs of Cornell University. "We don't have the intimacy that we have when we go to the attic and read grand-

ma's letters."

For academics and historians, the study of any subject that relies on correspondence could also suffer a loss with the decline in letter-writing.

But there could be a personal advantage, said historian Kerby Miller of the University of Missouri-Columbia.

"Many of us used to always feel guilty because we never wrote enough. Well, if mom and dad have a computer it's much easier to dash off a note every day or so. So maybe a vast load of guilt will be lifted from the shoulders of the American people."

**THE ASSOCIATED PRESS**

# 'Zombies' attack Wall Street

JOHN MINICILLO/THE ASSOCIATED PRESS

Protesters speaking out against corporate greed and other issues showed no sign of giving up their campaign yesterday in New York City, with organizers urging participants to dress as "corporate zombies" and rally against police brutality.

The weekend arrests of 700 people on Brooklyn Bridge fuelled the anger of other protesters and sparked support elsewhere in the United States as Occupy Wall Street entered its third week.

The campaign started with fewer than a dozen college students spending days and nights in Zuccotti Park, near the city's financial centre. But a day after Saturday's mass arrests, hundreds of protesters were resolute and like-minded groups in



► Protesters dressed as zombies march through the New York financial district yesterday.

other cities had joined in.

Group spokesman Patrick Bruner urged protesters to dress up as zombies and eat Monopoly money to let financial workers "see us reflecting the metaphor of their actions."

A map of the United States displayed in the plaza

identified 21 places — including Los Angeles, Chicago and Boston — where other protests were organized. And signs of support were rearing up outside the U.S. In Canada, a Wall Street rally is planned for later this month in Toronto.

**THE ASSOCIATED PRESS**

## Tech chains adding staff

Consumers are expected to buy Internet-connected TVs, tablet computers and smartphones this holiday season — enough gadgets that Canada's biggest electronics chains will add thousands of seasonal workers to meet the demand. Future Shop and sister company Best Buy Canada say they will increase their workforce by 6,000 jobs between November and January.





**THE CANADIAN PRESS**

## Greek debt crisis worsens

Inspectors from the IMF, European Central Bank and European Commission are in Athens this week reviewing reforms to see if Greece qualifies to receive the next 8-billion-euro instalment of its 110-billion-euro bailout. Without it, Greece will run out of funds to pay salaries and pensions in mid-October. Greece's debts are projected to reach 172.7 per cent of GDP next year.

**THE ASSOCIATED PRESS**

## Market moment

TSX	Dollar
	
-372 (11,251.84)	- 0.26¢ (95.14¢ US)
Oil	Natural gas
	
- \$1.59 (\$77.61 US)	1,000 cu ft \$3.617 US (- 4.9¢)
	Gold \$1,657.70 US (+ \$35.40)

PHOTOS BY S.P.M. YESTERDAY



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# THIS BARISTA'S CUP IS STILL HALF FULL

## SHE SAYS ...

JESSICA NAPIER  
METRO



local coffee shop.  
For four years I worked evenings and weekends slinging cappuccinos for \$6.25 an hour and actually loved almost every minute of it. Sure my hair permanently smelled of Guatemalan dark roast, but as far as part-time jobs go, being a barista is a pretty good gig. I enjoyed an endless supply of free coffee (an integral component in my scholarly success) and made a series of interesting new friends I might never have met otherwise. And while a large percentage of my fellow employees were the Hipster Barista meme personified, they were always happy to share the last piece of lemon poppy-seed cake or make me a mix CD.

**"I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations."**

After high school, I sunk six years and thousands of dollars into post-secondary education. And yet, I managed to learn some of life's greatest lessons from behind the counter at a

I certainly wasn't the best barista in town — my latte art always ended up looking like a Jackson Pollock abstraction rather than a perfectly swirled leaf — but over the course of my coffeehouse tenure, I learned some pretty neat things. I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations.

But the most important lesson I learned in those barista years is this: people are pretty rude, especially before they've had a cup of coffee.

They say the customer is always right; this is true about 50 per cent of the time (I'm being generous here). The other 50 per cent of the time you just have to fake it. And so I happily smiled through strings of obscenities and personal insults, apologized when I wasn't at fault and prepared new drinks for those who had ordered incorrectly to begin with.

Working in the coffee shop wasn't really about mastering the roasting scale or brewing techniques; it was about standing on your feet and taking customer abuse for 10 hours a day without letting it crush your soul. Underpaid and overworked, I know just how difficult life can be on the other side of the counter and I'm a better person for it.



Register at  
[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

**Should the sale and distribution of raw milk be legal?**

80%

YES, LET CONSUMERS DECIDE



20%

NO, IT'S A HEALTH RISK

## Letters

**TRAIL'S END.** In response to the director of the Trail's End market claiming that he had Jesus Christ's signature on his petition to not allow transgendered persons to run booths, I call horseshit.

Jesus Christ was the man who spent time with the people everyone loved to hate and demonize.

And not only did he spend time with them and listen to them, he LOVED them. It is wrong — blasphemous, almost — to use Jesus's name as a vehicle for discrimination, because he is THE LAST person in the history of the world who would do such a thing.

JOSI KNELSEN  
LONDON

*RE: Running laps to find a cure, published Sept. 29*

Thank you for covering our Terry Fox Run on Wed. Sept 28th.

You published a photo of a Grade 2 student completing his first lap. Thanks for being here.

JANE SILVERIO  
LONDON

## Open. Wide



► A performer puts his head inside a crocodile's mouth to retrieve some money at Samutprakarn Crocodile Farm in Bangkok.

RICHARD JONES / SINOPIX/REX FEATURES

**Photo of the day**  
The fearless teen slipped his head inside the croc's huge mouth, perilously near two rows of fearsome razor-sharp teeth. It was no mean feat, considering a crocodile's jaw is the strongest of any living animal, including the great white shark.

## WEIRD NEWS

### Drink your words

If you ever wondered what words taste like, now you're in luck. Misha Volodin from St. Petersburg, Russia, a 30-year-old music-shop clerk by day, disc jockey Morskoiboy by night, spent his after-work hours building a contraption that mixes cocktails by typing on a keyboard.

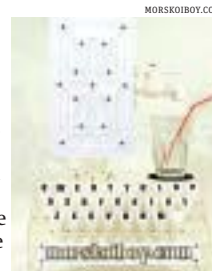
Metro asked him how it works:

"Behind each of the letter keys is a syringe pump, filled with your choice of liquid. When you press a key, its letter lights up on the screen. But instead of using liquid crystals, as in other electronic displays, my machine's display

functions via multicoloured syrups and liquids. Yes, this machine converts words into cocktails.

"Attached in the back of the keyboard, there are slots for the bottles with coloured beverages in them. There are 26 slots altogether, one for each letter of the Latin alphabet. When a syringe stem goes up, liquid is taken from the bottle connected to it. There are 136 tubules inside, equaling about 30 metres of tubes and pipes."

● METRO WORLD NEWS



MORSKOIBOY.COM



# A real horror show

► FX set to premier American Horror Story ► Does this haunting homage have staying power?



► American Horror Story is a new twist on the time-honoured story of an unsuspecting family taking up in a haunted house.

Just when you needed it, the FX network is throwing American Horror Story at you.

To judge from its first two episodes, it's a robust diversion from the real-life droughts and hurricanes, joblessness and political stalemate that were already giving you the willies. It aspires to be *The Shining*-meets-Rosemary's Baby, with Carrie and Don't Look Now tossed in.

But more than a dead-on horror show, it's a homage to cinematic spookery. And a good one. In short, American Horror Story doesn't really scare you. It just gets in your head. The big unknown: Is it wily enough to stay there, week after week?

Alert: Spoilers coming up — which is another way of saying you might just as well apply the time you'd

spend reading this to watching the premiere and then making up your own mind. You'll find it a memorable experience, at least.

From the fertile imaginations of Ryan Murphy and Brad Falchuk (*Glee*, *Nip/Tuck*), American Horror Story has a premise that is simple and time-honoured: A haunted house is occupied by a likable, remarkably unsuspecting family.

Ben Harmon (played by Dylan McDermott) is a Boston psychiatrist who has been caught cheating by his wife, Vivien (the wonderful Connie Britton of *Friday Night Lights*). She already was reeling from a late-term miscarriage. They need to make a fresh start. They and their teenage daughter, Violet (Taissa Farmiga) pull up stakes and head cross-country for Los Angeles.

## FX comes

## to Canada

► American Horror Story will air on FX Canada, which will launch on Nov. 1 as a digital service.

"This place is our second chance," Ben tells Vivien, whose forgiveness he desperately seeks — if for no other reason than because she hasn't slept with him for almost a year.

This place, the family's new homestead, is a looming "classic L.A. Victorian from the 1920s," according to the real-estate agent showing them around. But it seems more like a vestige of *Monster Chiller Horror Theater*, a domicile whose past residents have, of

course, died gruesomely.

Sold!

If the elements of this horror story seem second-nature, they take the form of striking imagery that, at times, makes them as unsettling as they are familiar.

The house, restored from its previous ramshackle condition, retains disturbing artifacts upon which the Harmons will stumble. The house also comes with strange neighbours. Jessica Lange plays Constance, a busybody Southern belle with an even more intrusive daughter, Adelaide, who (like Jamie Brewer, portraying her) has Down syndrome.

With his practice set up in the family home, Dr. Harmon's ill-advised first client is a teen psychopath (Evan Peters), who bonds with the Harmons' troubled daughter after they

meet in the bathroom, where she's cutting herself.

That's not all the weirdness in store. Did we mention Moira, the longtime housekeeper (played by Frances Conroy, past matriarch of *Six Feet Under*)? She's the sort of spectral figure who warns these new owners that the house "has a personality; feelings. Mistreat it and you'll regret it."

But Ben sees Moira another way. Spinsterish, middle-aged Moira appears to him as "Moira, Jr." (played by Alexandra Breckenridge), a sexy young temptress with a scanty French-maid outfit and a come-on look.

The premiere dumps a number of major questions on the audience, including the most fundamental: Why do the Harmons stick around in this crazy house?

THE ASSOCIATED PRESS

## DVD Releases

Buy it 🍿🍿🍿🍿 | Rent it 🍿🍿🍿 | Borrow it 🍿🍿 | Yawn 🍿 | Don't bother 🍿

### Fast Five

Genre: Action

Director: Justin Lin

Stars: Vin Diesel, Paul Walker, Dwayne Johnson

Fast Five, from director Justin Lin, is imbecilic, illogical and interminable. Oh yeah, it also has a negative side. That would be the lamentable decision to transform this testos-

terone-injected totem into just another heist series.

It's now a decade and four sequels past the flash of "B" movie brilliance that was the original film, *The Fast and the Furious*. Remember that one? It was just about the cars, stupid. This time out, with the action shifted to Rio de Janeiro, there are still hot cars, hotter women and



plenty of burnt rubber. The wheels have completely come off this once great idea. ● PETER HOWELL

### Scream 4

Genre: Horror

Director: Wes Craven

Stars: Neve Campbell, Courteney Cox, David Arquette

It has been 15 years since horrormeister Wes Craven and satiric scripter Kevin Williamson first teamed up to reinvent the slasher flick and produced the original *Scream*. It suc-

ceeded in spades by slicing and dicing the genre's clichés. Now comes *Scream 4*, which hits the mute button on this once-great notion. The sardonic laughs are mostly gone in this wheezing cash cow. The greatest shocks are the ones facing the now middle-aged main actors when they look in the mirror. ● PETER HOWELL

# 2 scene

## Scene in brief



The Bluth family's frozen banana stand may be back in business. At an *Arrested Development* reunion Sunday at the New Yorker Festival, the creators and cast announced plans for a new TV show that spins off the short-lived but critically acclaimed TV show, which went off the air in 2006 after just three seasons. They also discussed more concrete plans for a much-awaited movie. Creator Mitchell Hurwitz said the spinoff will feature nine or 10 episodes focusing on each character and leading up to the movie. The first scene of the movie will be all the characters reunited. The Fox show, which suffered low ratings despite its rabid fan base, starred Jason Bateman, Michael Cera and Portia de Rossi.

THE ASSOCIATED PRESS



Andy Rooney considers himself lucky as he ends weekly 60 Minutes run after 33 years.



► Seth Rogan

## Funny People galore at Rogan's wedding

Seth Rogan celebrated the release of his new film, 50/50, by marrying his longtime girlfriend, writer Lauren Miller, at Kunde Estate in Sonoma, Calif., according to Us Weekly.

"The wedding was more laughs than anything else," a source says of the three-day celebration.

"Every other line was a joke and the crowd couldn't contain their laughter. It was nonstop fun!"

That's not surprising, given that the guest list included Judd Apatow and his wife, Leslie Mann, as well as Jonah Hill, Paul Rudd and the Office star Craig Robinson.

● METRO

## Justin and Jessica can't seem to stay apart

Exes Jessica Biel and Justin Timberlake continue to enjoy spending time together, heading to Las Vegas for a charity golf event Timberlake was taking part in, according to People magazine.

The pair, who split up earlier this year, also made time for dinner with six other friends at Mastro's Ocean Club, where they were spotted "sitting close together" during dinner and leaving together.

● METRO

# Martha does what with the door open?

► Stewart's daughter releasing book that features some disturbing revelations about domestic diva

Martha Stewart is getting the "Mommy Dearest" treatment from daughter Alexis Stewart in a new memoir, *Whateverland: Learning to Live Here*, which will be released later this month.

"Martha does everything better! You can't win!" Alexis writes in the book, according to the Daily Mail.

"If I didn't do something perfectly, I had to do it again. I grew up with a glue gun pointed at my head."

Alexis also makes some startling revelations about the domestic diva's hygiene, revealing that Martha "always peed with the door open," according to the book.

"I remember saying, 'You know, now I have friends over! You can't do that anymore! It's gotta stop! My friends' parents don't do it! Give me a break here! I don't feel like being embarrassed! It's exhausting! I'm a kid! Stop!'"

● METRO



► Martha Stewart

## T.I. performs duet with Taylor Swift

Rapper T.I. has joined country star Taylor Swift in a surprise duet at her concert in Atlanta.

Toward the end of Swift's set on Sunday night, she introduced T.I. by singing the opening chorus of his hit song *Live Your Life*.

The packed house at Philips Arena screamed once he stepped onstage for the unannounced appearance and started to rap.

The two Grammy winners stood side-by-side as



► Tip 'T.I.' Harris

he rapped and she sang a vocal part originally handled by Rihanna.

Swift has featured guests ranging from Justin Bieber to Nicki Minaj onstage during her tour.

The Sunday show was a makeup performance for a postponed July show.

T.I. has made several appearances since his release from a halfway house last month following 10 months in federal prison on a probation violation.

THE ASSOCIATED PRESS

### Celebrity tweets



What kind of music would y'all want from me on my next album? Thinking about going back to the studio



@JessicaSimpson

@oliviawilde

Auto-correct strikes again. My phone turns "fed" into "F'ed" which is awkward when telling my roommate I gave the dog his food.



@RealRonHoward



Bryce is directing up a storm Even preppers

@AlbertBrooks



Watching Michael Jackson trial. I say O.J. is guilty.

## Hurley engaged to cricketer

With her divorce from Arun Nayar finalized in June, Elizabeth Hurley is ready for marriage again.

The actress is now engaged to cricket player Shane Warne, the happy couple confirmed on Twitter.

"Shane Warne has confirmed his engagement to actress Eliz-

abeth Hurley after proposing at the Alfred Dunhill Links Championship," a rep for the golf tournament said in a press release.

Hurley had recently been spotted sporting a massive sapphire ring, which is suspected to be her engagement ring.

● METRO



Elizabeth Hurley





► Drinking coffee on a regular basis can keep a smile on your face.

# Java keeps you jovial

► Harvard study shows coffee drinkers at lower risk of developing depression ► So, drink up



**CELIA MILNE**  
LIFE@METRONEWS.CA

Go ahead, be happy. Have a cup of java.

A large study at Harvard set out to find whether drinking coffee was associated with depression, as previous studies had hinted. Results were surprising.

"Regular coffee drinkers have a lower risk

of developing depression than non-coffee-drinkers," Dr. Albert Ascherio, professor of epidemiology and nutrition at Harvard University school of public health, told Metro.

Researchers analysed records for 50,739 women who participated in the Nurses' Health Study. None of these women had depression at the start of the study in 1996.

## What is healthy?

**How much coffee is safe for you?**

► **Numbers** Health Canada suggests that healthy adults can drink up to three cups of coffee a day.

They were asked how much caffeine they consumed, and they were

followed until 2006. In that time, there were 2,607 cases of depression.

They compared women who drank one cup of coffee or less per week to those who drank two to three cups per day, and found the latter had a 15 per cent decrease in risk for depression.

And those who drank a whopping four cups a day were at a 20 per cent decrease in risk.

The authors — not wanting women to start drinking copious amounts of coffee helter skelter — note that these results need to be duplicated in other studies.

"Because of its observational design, this study cannot prove that caffeine or caffeinated coffee reduce the risk of depression, but only suggest the possibility of such protective effect," says Ascherio.

# 3

  
life

## Trends



## Contagion freak out

Steven Soderbergh's *Contagion* has everyone squirming and itching — and for good reason. The movie's deadly pandemic virus is being backed — not snubbed — by scientists at the CDC (Centers for Disease Control and Prevention). It's modeled on a fatal South Asian infection, Nipah Virus, known to have migrated from animals to people.

● METRO

## Best Health Minute



**BONNIE MUNDAY,**  
EDITOR-IN-CHIEF,  
BEST HEALTH  
MAGAZINE

### Family First-Aid Essentials

Every year more than 3 million Canadians end up in an ER because of an injury, but many of those visits are unnecessary because the injuries may be

minor. Writer Michelle Villett checked with leading experts to find out what the essentials are about some of the basic remedies for a family first-aid kit.

**For minor cuts and scrapes:** Try Polysporin, Bactroban or Ozonol. These topical ointments

contain antibiotic ingredients and treat against minor infections.

**For minor burns/sunburns:** Try Aspirin, Advil, Aleve or Tylenol. Each have different active ingredi-



ents but all work by temporarily blocking the body's production of prostaglandins, which activate pain and fever.

**For insect**

**stings and minor skin irritations:** Try Life Calamine Lotion with Antihistamine, Benadryl Itch Stopping Cream, Cortoderm Ointment. These relieve symptoms of local inflammation.

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Scientists shake it up in dance video for McGill cancer research centre. Scan this code to read the story and watch the video.

# The down side of yoga

► How does one get through the most unpleasant moments in yoga class?



**ROMINA MCGUINNESS**  
LIFE@METRONEWS.CA  
METRO WORLD NEWS IN LONDON

According to Devon Spencer-Smith, yoga in-

structor at the Rise Movement studio in Los Angeles, the best way to deal with an embarrassing incident during yoga class is to laugh it off. Never the less, there are few things you can avoid.

## Ohm or Um

**Why it's an issue:** Ohm can be a turn off. The humming rhythmic vibration generally leaves first timers either in a fit of giggles, choking or speech-

less.

"It's what helps you stay focused and aware of your breath," says David Kim, Yoga instructor at the Yoga Works studio in Los Angeles.

**Solution:** Most people lack self-awareness and are not aware they are too loud. Kim says the teacher should create an environment that minimizes those opportunities.

## Unexpected noises

**Why it's an issue:** Passing wind in public is bad enough. It's even worse when it happens during a silent yoga class.

"If a student passes gas, ignore it or you risk to embarrass them," says Kim. "Some poses trigger the release of gas, especially twists and inversions that upset digestion."

**Solution:** Avoid eating two to three hours. And relax.



## Yoga no nos

Never do the following:

- 1 **Leave your cellphone on.** You know this. How come your neighbour doesn't?
- 2 **Skip savasana.** People come to yoga class with a gym-like focus. They want to leave once the 'workout' is over and skip the savasana medi-

tation (lying on your back, palms up and eyes closed). This final relaxation pose is very important to restore the nervous system and calm your mind.

- 3 **Step on someone's mat.** You wouldn't walk on someone's towel at the beach so why would you step on their yoga mat? Only you know where your feet have been.

# AN AGE-OLD PROBLEM

**I'm always arguing with my wife about the remote control in our bedroom. What side of the bed should it stay on and who has control of the channel we are watching?**

This problem is in the bedrooms of most Canadians!

I have dealt with this exact issue in the homes of my clients. The answer is simple — buy two remotes with your TV. Generic remotes from your local hardware or

## CHARLES THE BUTLER



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THEBUTLER@  
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MACPHERSON.COM

department store are often available. But now who gets to pick the TV program?

Butlers are wise people but this is a couples problem that only the two of you can resolve. I would suggest negotiating and playing United Nations in your bedroom. Taking turns every other show or every other day is your choice. Remember, the nicer you are to your wife, the nicer she will be with you!

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# FEELING HOUSE POOR?

## FUN AND FRUGAL

LESLEY SCORGIE  
MONEY@METRONEWS.CA



Are your home expenses gobbling up all your money?

Home poverty happens when there's decreased household income, typically from unforeseen unemployment or reduced salary. Other times, people overbuy, thinking that an extra \$30,000 wouldn't make much difference or perhaps a person signed up for an overly aggressive payment plan.

Home poverty is stressful because there's little money left over for other things like RRSP contributions, home maintenance, car repairs and vacations. It's also cited as one of the leading causes of spousal spats. The key to getting out

of home poverty is increasing your cash flow. To do that, you either need to make more money or cut back on your expenses.

To make more; ask for a raise, work overtime, get a second job, open a small business or do some consulting. Don't forget to apply for all applicable government support and tax breaks (cra.gc.ca).

Making more money takes time, so focus on cutting expenses immediately.

If you're in major financial trouble, you need to make major adjustments. Consider selling your home and buying a more affordable one. Rent out rooms or investigate the legal requirements to transition your basement into a rental unit. If you've got two cars, sell one and share the other with your partner. Or, if you're close to mass transit, get rid of your car. If you've signed up for a luxury vacation, cancel it. If you've got Junior in private school, put him in the public system.

# Beware Black October

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONEWS.CA



Ghosts and goblins and stock market bears — oh my! Investors should be aware of October's dark

forces. It isn't the worst month historically for the stock market (that honour belongs to September), but it is the month of the most memorable stock market drops (see the table above).

One October market stumble that didn't make the list is what is sometimes referred to as the Asian Flu of 1997, which pulled the market into a crevasse on October 27th, 1997.

It was a stomach churning 508 point, one-day drop of over seven per cent.

Another market crash is

### Dark days, indeed

Here are eight memorable stop market drops that top the list for the Dow Jones Industrial Average in the season of the pumpkin.

- ▶ October 1987: -21%
- ▶ October 1929: -20%
- ▶ October 1907: -15%
- ▶ October 2008: -14%
- ▶ October 1932: -13%
- ▶ October 1917: -11%
- ▶ October 1937: -11%
- ▶ October 1930: -10%

\*All figures rounded

the dot-com collapse between early 2000 and late 2002. The overall market decline didn't match that of the previous Black Octobers, but the technology laden NASDAQ was hammered, losing nearly 80 per cent over 20 months.

By the time the lengthy technology unwinding officially ended early in October, countless portfolios



▶ Alison's money rule: October is often brutal on the stock market but you can protect yourself with smart investing practices.

had been shattered by Nortel, JDS Uniphase, Cisco, WorldCom and on and on.

Another October that doesn't rank in the top eight in terms of declines was in 2007. But it fits with other deadly Octobers since that month was the beginning of the U.S. real estate bubble popping. Pulled down by the housing implosion, the S&P 500 dropped steadily before it came to rest at bottom in March 2009.

What lessons can we learn from the past? There's one that pops to mind. Dollar cost averaging is your best friend. This is

the practice of buying regularly over time rather than in lump sums here and there. Don't guess which way the market is going. Don't try to time the market and jump in and out of investments.

If you are happy with the quality of your investments (stocks, exchange traded funds, mutual funds or bonds) then buy them regularly over time and you will smooth out the impact of all those nasty Octobers.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

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**B:** You should invest! You can't get the ups without going through the downs.

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in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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# Lunch worth the extra time

► If you're looking to have a leisurely mid-day meal, Maxwell McCoys is a great option ► The eatery serves sandwiches, salads, burgers and more

## LUNCH RUSH

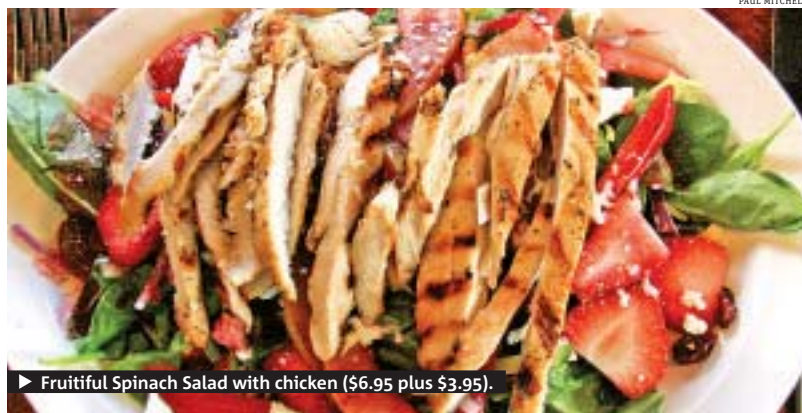
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Maxwell McCoys is the newly re-launched eatery next to Crave.

Although at first things may seem the same, small changes have improved ambiance and value.

The modern decor remains smartly designed, and although two restaurants work out of one



► Fruitful Spinach Salad with chicken (\$6.95 plus \$3.95).

kitchen, separate chefs and managers mean quicker service, albeit still could be better. The pace doesn't make for a fast lunch.

The menu is strangely familiar but less pricey. Bypassing Prime Rib French Dip (\$12.95) and Turkey Club (\$9.95) sandwiches, I

decide on the Fruitful Spinach Salad with chicken (\$6.95 plus \$3.95). Maxwell McCoys' also has "build-a-burgers" (\$8.95).

The decadent salad features delicious contrasting flavours: creamy goat's cheese, tangy vegetables, bitter spinach, sweet and

juicy poached pears. Mild raspberry-maple dressing brings it all together.

Helpings are noticeably generous.

For a leisurely lunch, Maxwell McCoys provides a nice surrounding and enjoyable food — but be sure to set aside enough time.

## Turkey, Apple & Cheddar Hand Pies



### Preparation:

**1** In bowl, combine turkey, apple, cheddar, green onion and parsley. Divide mix over four tart shells. Brush tart edges with egg and top with remaining shells. Brush with egg and sprinkle with coarse salt. Using tip of knife, make ventilation slits in the top of each.

**2** Bake at 400°F (200°C) until pastry is golden and filling is hot and bubbling, about 35 minutes. Let cool for 5

### Ingredients:

- 2 cups (500 mL) shredded, cooked turkey
- 1 apple (peeled, grated)
- 1/2 cup (125 mL) grated sharp cheddar
- 1 green onion, sliced
- 1/4 cup (50 mL) chopped parsley
- 16 3-inch (7.5cm) frozen tart shells, thawed
- 1 egg, lightly beaten
- 1/2 tsp (2 mL) coarse salt

minutes before serving. **NEWS CANADA**

► **Maxwell McCoys Eatery**  
1737 Richmond St. N., Unit 102  
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# Plantains in cooking spotlight

► Fruit resembles bananas but tastes like tuber ► Try it in Chicken and Plantain Moqueca

They're sold by the bananas, but they probably belong closer to the potatoes. While plantains may resemble bananas, they taste and cook more like a tuber.

In this one-pot dinner from Brazil, simmered plantains make a base to a chicken curry. They also thicken the sauce.

### Preparation:

**1** Place chicken in 5- to 6-l Dutch oven. Sprinkle with salt, pepper and 30 ml (2 tbsp) of oil. Stir to coat, then cover and set aside for 10 minutes.

**2** Set Dutch oven over medium-high heat. Sauté chicken until lightly browned, 8 minutes.

Use slotted spoon to transfer chicken to a bowl. Cover; set aside.

**3** Return Dutch oven to heat; add onion and bell peppers. Sauté until softened, about 4 mins. Add garlic, grated ginger and jalapenos, sauté 1 min. Return chicken to pot, add broth, coconut



► This recipe serves four.

milk, tomato paste, bay leaves.

**4** Bring mix to boil and cook, uncovered, for 5 mins. Add plantains and cook, uncovered, for 15 mins or until plantains

are soft but not mushy.

**5** To serve, remove and discard bay leaves, season with salt and pepper, then sprinkle with chopped cilantro. **THE ASSOCIATED PRESS**

### Ingredients:

- 1 kg (2 lb) boneless, skinless chicken breasts, chunks
- Salt and black pepper
- 45 ml (3 tbsp) olive oil
- 1 yellow onion, diced
- 2 green bell peppers, cored and cut into chunks
- 4 cloves garlic, minced
- 15 ml (1 tbsp) ginger
- 15 ml (1 tbsp) minced

- jarred jalapeno slices
- 500 ml (2 cups) chicken broth
- 1 can (426 mL/15 oz) coconut milk
- 50 ml (1/4 cup) tomato paste
- 2 bay leaves
- 3 ripe plantains, peeled and cut into 2.5-cm (1-inch) chunks
- 30 ml (2 tbsp) cilantro

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## If today's talks fail, NBA may have to cut games

After a lockout that has lasted more than three months, whether the NBA season starts on time could come down to one "very huge day" in labour talks.

Owners and players will be back for a bargaining session in New York City today, knowing if they fail to produce results, there may not be enough time left to avoid cancelling regular-season games.

"A lot of signs point to tomorrow being a very huge day," players' association president Derek Fisher of the Lakers said. "There will be a lot of pressure on all of us in the room, and we'll accept that responsibility and go in and see what we can get worked out."

The sides met in small groups for about five hours yesterday, a session that deputy commissioner Adam Silver said was mainly about "setting the table" for today. While careful not to put too much pressure on today's talks, he and commissioner David Stern made clear there had to be signs of compromise.

"We both understand that if we don't make our best offers in the next few days, we're going to be at the point where we're going to be causing damage to the game, to ourselves, and they're going to be out paycheques," Silver said.

The league locked out players on July 1. Seeking significant changes after saying they lost \$300 million US last season, owners want a new salary-cap structure and are seeking to reduce the players' guarantee of basketball revenues from 57 per cent, to perhaps 50 per cent or below. **THE ASSOCIATED PRESS**

### Camp is closed

The NBA regular season is scheduled to open Nov. 1.

► Players would have reported to training camps yesterday, but those were postponed and 43 pre-season games scheduled for Oct. 9-15 were cancelled last month.



► Texas catcher Mike Napoli, right, appeals to an umpire on a check swing from Tampa Bay's Ben Zobrist last night in St. Petersburg, Fla.

# ALDS pointed back in Rangers' favour

► Rays' lefty Price drops to 0-6 lifetime against Texas in nine career starts

David Price's late-season swoon carried over into October.

The all-star took a shutout into the seventh inning, then coughed up a slim lead as the Texas Rangers rallied for four runs to beat Price and the Tampa Bay Rays 4-3 last night in Game 3 of their AL division series.

Rookie outfielder Desmond Jennings hit two solo homers for the Rays, who trail 2-1 in the best-of-five matchup. Game 4 is today at Tropicana Field.

Price was winless in six starts last month. He has



never beaten the Rangers, including a pair of losses when Texas defeated Tampa Bay in last year's ALDS. Mike Napoli had the

Rangers' first hit with a runner in scoring position — on the sixth opportunity in the game — count by hitting a two-run homer off Price during a four-run seventh.

Price left later in the seventh after giving up a two-out single to Craig Gentry. After Brandon Gomes walked two in a row to load the bases, Josh Hamilton made it 4-1 with a two-run single off J.P. Howell.

Texas failed in three tries to get a hit with a runner on second through two. Price also came up big in the sixth by retiring Hamil-

ton and Michael Young on consecutive grounders to work out of a two-on, one-out jam.

Pinch-hitter Sean Rodriguez pulled Tampa Bay to 4-2 with a bases-loaded RBI in the seventh. Alexi Ogando then got a two-out grounder from pinch-hitter Sam Fuld with runners on second and third.

Jennings' second homer of the game, off Mike Adams, cut the deficit to 4-3 in the eighth.

The Rays had one hit in eight tries with runners in scoring position last night. **THE ASSOCIATED PRESS**

## ESPN not ready for some Hitler analogies

ESPN pulled Hank Williams Jr.'s classic intro song from its broadcast of last night's NFL game after the country singer famous for the line "Are you ready for some football?" used an analogy to Adolf Hitler in discussing President Barack Obama.

In an interview yesterday morning on Fox News' Fox & Friends, Williams

said of Obama's outing on the links with House Speaker John Boehner: "It'd be like Hitler playing golf with (Israeli Prime Minister Benjamin) Netanyahu."

Asked to clarify, Williams said: "They're the enemy," adding that by "they" he meant Obama and Vice-President Joe Biden.

"While Hank Williams

Jr. is not an ESPN employee, we recognize that he is closely linked to our company through the open to Monday Night Football," ESPN said in a statement. "We are extremely disappointed with his comments, and as a result we have decided to pull the open from (last night's) telecast."

**THE ASSOCIATED PRESS**

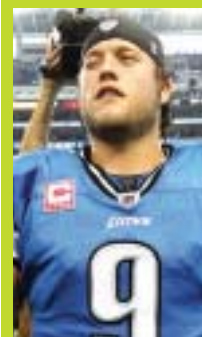


► Hank Williams Jr.

# 4

sports

### Quoted



**"We played good in the second half to come back and steal it. We have to play better in the first half, we know that. We have to come out and improve next week."**

**DETROIT LIONS**

**QUARTERBACK MATTHEW STAFFORD YESTERDAY.**

**DETROIT DUG A 27-3 HOLE AT DALLAS AND CAME BACK TO WIN 34-30 SUNDAY, A WEEK AFTER FALLING BEHIND MINNESOTA 20-0 AND WINNING 26-23 IN OVERTIME. THE 4-0 LIONS ARE THE FIRST TEAM IN NFL HISTORY TO RALLY FROM TWO-STRAIGHT 20-PLUS POINT DEFICITS FOR VICTORIES ACCORDING TO STATS LLC.**



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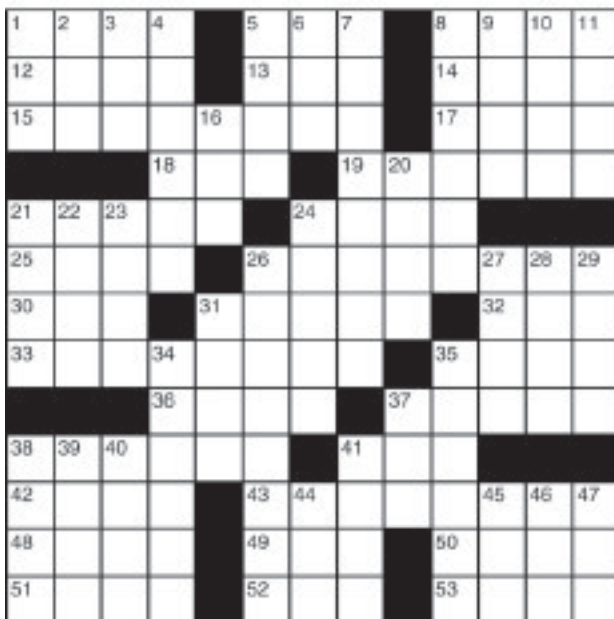
## Crossword

### Across

- 1 "Zounds!"
- 5 Not operating
- 8 Pump or oxford
- 12 Long story
- 13 Squeezing snake
- 14 Day fraction
- 15 Athletic awards
- 17 Deserve
- 18 Stone in a peach
- 19 Raspy
- 21 Induces ennui
- 24 Half-quart
- 25 Always
- 26 Long-short feet, in poetry
- 30 Started
- 31 Actor Michael
- 32 Conk out
- 33 Woes
- 35 Paddock papa
- 36 Requirement
- 37 Say
- 38 Carlsbad attraction
- 41 Sis' counterpart
- 42 Operatic solo
- 43 Streetcars of a sort
- 48 Slapstick arsenal
- 49 A billion years
- 50 Concept
- 51 Vortex
- 52 Place for 15-
- Across, maybe
- 53 "Cut it out!"

### Down

- 1 Superlative suffix
- 2 Needlefish
- 3 Past
- 4 Sharply dressed
- 5 Last write-up
- 6 Adversary
- 7 Couturiers' styles
- 8 Scabbard



- 9 Frost
- 10 Yours and mine
- 11 Sea eagle
- 16 Towel designation
- 20 Formerly
- 21 Hit hard
- 22 Finished
- 23 Change the decor
- 24 Used a crowbar
- 26 Having a flair for
- 27 Rewrite, maybe
- 28 Green land
- 29 Crystal gazer
- 31 Trucker with a radio
- 34 "— lies the head

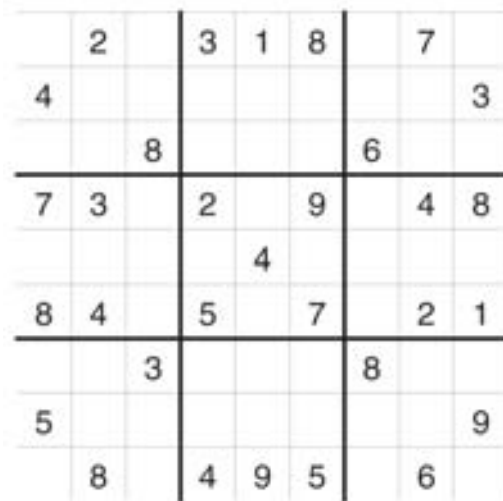
...

- 35 Emotionless
- 37 Web address, for short
- 38 Part of a Superman costume
- 39 Sahara-like
- 40 Fought (for)
- 41 German city
- 44 Fish eggs
- 45 Tokyo's old name
- 46 Longing
- 47 Took a chair

### ► Yesterday's answer



## Sudoku



## How to play

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### Yesterday's answer ►



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Julien

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FROM MAH

Chelsea (cupcake)

No matter where you are, or what your doing I will always be here for you. I spent my whole life giving up, I'm not giving up on you. You mean so much to me, and all I ever wanted to do was make you happy and see you smile. I'll never be mad at you, and having you in my life means so much. We have some history. Moments Frozen in Time. I Love you, your my bestest friend!

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FROM J.J. MUFFIN

L...ife

lost without you...missing you a lot.

FROM LOST SMILE

## Today's horoscope

**♈ Aries** March 21-April 20 You are about to make a huge decision.

Don't worry that you might get it wrong, worry only that if you lose your nerve the chance might pass you by forever. Be bold.

**♉ Taurus** April 21-May 21 There is a lot of tension in the air and it won't depart until Thursday.

**♊ Gemini** May 22-June 21 You can be quite emotional at times and that side of your personality will be to the fore today.

**♋ Cancer** June 22-July 22 It might be wise to play safe, for now.

**♌ Leo** July 23-Aug. 23 You may be

a life-affirming Leo but a little caution is no bad thing.

**♍ Virgo** Aug. 24-Sept. 22 Set the record straight about what you've been up to and to point out how critics have jumped to conclusions a bit too easily.

**♎ Libra** Sept. 23-Oct. 23 You must tell the truth today, even if by doing so you cause yourself a certain amount of grief.

**♏ Scorpio** Oct. 24-Nov. 22 Why do you fear the worst for no good reason?

**♐ Sagittarius** Nov. 23-Dec. 21 Important arrangements may have to be changed at the very last

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

moment but you will profit in numerous ways.

**♑ Capricorn** Dec. 22-Jan. 20 What you gain over the next few days will more than make up for what you have lost in recent weeks.

**♒ Aquarius** Jan. 21-Feb. 18 A relationship that has fallen into a rut of late can be re-energized, but you have to make the first move.

**♓ Pisces** Feb. 19-March 20. You don't have to be completely open about what you are doing — it's probably best to play your cards close to your chest.

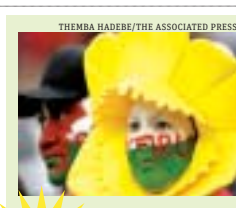
● SALLY BROMPTON

## Caption contest



"Brrr! I can't believe we forgot our jackets again!"

MIKE



**WIN! You write it!**

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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